

ABLE Bodies Participant Homework for Session 8

Flexibility

- Seated Whole-Body Stretch
- Optional stretch: Gentlemen's Bow (standing)

Posture and Core Stability

- Tall Sit
- Buddha's Prayer

Strength for a Purpose

On 2 or 3 other days, do 8 to 12 repetitions of each exercise, as tolerated.

- Teeter-Totter Chair Stands
- Side Steps Walking
- Standing Heel Raises
- Clock Stepping

CLOCK STEPPING

The Start

- Stand tall beside a sturdy chair or counter.
- Your left leg and arm are next to the chair, and you should place your left hand on the chair back for balance safety.
- Imagine you are standing at the center of a big clock.

The Moves

- Step the right leg out to the 3 o'clock position. Don't just touch it with your right foot; actually transfer your weight to that foot. Let your knee bend some as it takes on your body weight.
- Return to center position.
- Repeat this first position until you are comfortable with that lateral lunge.
- Next, work on 12 o'clock the same way.
- Then work on the 5 or 6 o'clock position.
- Face the opposite direction and work on clock positions from 6 to 12 o'clock.

